

LET'S FEEL BETTER

NTIC Newsletter



7 MIN SITTING STRETCH

Take a 7 minute pause from your work to complete these stretches while seated targeting forearms, back and neck.

FALL HARVEST SALAD

This salad has apples, squash, pomegranate seeds and more to make it a hardy fall salad that's great for dinner or meal prep.

10 MIN SLEEPY TIME BODY SCAN

After you've completed your bedtime routine, take 10 minutes to complete this body scan to prepare yourself for sleep.

Vitamin D

Vitamin D is a fat-soluble vitamin, meaning that if we have an excess of it, our body stores it in our fat cells rather than excreting it through sweat and urine. This time of year our bodies struggle to manufacture enough since we primarily obtain it through sun exposure.

Some studies suggest that a lack of vitamin D could contribute to seasonal depression, but more research is needed.

What Does It Do?

Vitamin D's biggest role is to promote calcium absorption which supports bone growth and bone remodeling. Our bones are remodeled every 10 years. Without vitamin D, bones can become brittle and thin increasing the chances of fractures. Together with calcium, vitamin D helps protect older adults from osteoporosis (a disease where bones become fragile).

It also supports cell growth, immune function, reducing inflammation and glucose metabolism (the process of converting carbs and sugars into energy for your brain and red blood cells).

Where to Get It?

Most of our vitamin D is absorbed through the ultraviolet light (UV). To get adequate vitamin D, expose your arms and legs to sunlight for 10-15 minutes a few days a week with a UVI of 3 or above. Using sunscreens will prevent the absorption of vitamin D, so it is a fine line between getting the right amount and not damaging your skin. In the winter months, locations above the 37-degree north latitude line will struggle to get the proper amount of vitamin D. (Pennsylvania is well above that line!)

Few foods naturally contain vitamin D but it can be found in fatty fish like salmon, tuna and trout. Other foods like mushrooms, beef liver, eggs and cheese contain small amounts. You might also see dairy products fortified with vitamin D because calcium needs it to be properly processed and absorbed.

The RDA (Recommended Daily Allowance) is 600 IUs a day. Levels can be checked when you get your routine bloodwork. If you are not getting enough vitamin D, talk to your healthcare provider to see if whole food supplements are right for you.

Resources: [Harvard Health Publishing](#), [NIH](#)

National Family Health History Day

October 21st is **National Family Health History Day**

Collect information from all your family members on major medical conditions, age of diagnosis, cause and age of death, and more! There may be a family history of chronic disease that could increase your risk and impact your health. Share this information with your primary care provider and decide what screenings and tests you need to be proactive about your health.



MIRANDA KELLEY
NTIC Wellness Coordinator

Email: mkelley@iu17.org

Website: www.NTIC.IU17.org

Phone: (570) 673-6001 ex: 2020

Free
to all NTIC
Employees



COOKING WITH CARNIE

With Chef and Business Owner:

Carnie Datres



Wednesday,
November 20
6pm - 7pm
Live on Zoom

Join us from your kitchen
for a live cooking
demonstration!

The ingredient list will be sent out
the weekend beforehand.

Scan or Click Here to Sign Up
Last day to sign up: 11/14





Always Better Together

WELL-BEING CHALLENGE

Participate in activities that help you connect and spend quality time with your family and friends in this fun challenge! Connecting with others benefits your mental and emotional health.

Each week of the challenge, track:



Fun Things to Do



Family Dinner



Phone a Friend

There are many other trackers available as part of this challenge. Log on to the well-being platform for the full list.

Start Date: November 4, 2024

End Date: December 1, 2024

Length of challenge: 4 weeks

Registration: October 28 - November 15

Join today!

HealthAdvocate.com/ntic



888.493.5522

answers@HealthAdvocate.com

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 **HealthAdvocate**SM

Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023

Complete activities
that will help you thrive

Deadline to earn points:
May 31, 2024

Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



866.695.8622

answers@HealthAdvocate.com

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